

Grapevine



Yountville Days Parade and Festival

Photo by Neil Remnant

Living at the Veterans Home of California in Yountville – October 13, 2006

Finding the Balance

Andy Ellicock, Chief of Plant Operations



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GRAPEVINE
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When flames appeared over the hills during our recent fire emergency, you may have heard the television reporter solemnly intone, “Fire threatens the historic Veterans Home in Yountville.” The administration was prepared with an emergency plan and was ready in the unlikely event of necessary evacuation. You may have been brought up short when you wondered what to take and what to leave behind.

Did you consider that you might have to leave behind a California State Historic Landmark? Have you thought of the responsibility that places on us all?

If you stayed tuned to that same channel, you might have heard something else, a public service announcement urging the conservation of power and water. It isn’t all voluntary: we are enjoined under California’s Title 24 to reduce the consumption of energy and water. Do you see the problem there? We are required, at the same time, to maintain the architectural integrity of the Home. You may have wondered at the time it has taken to rebuild. It had to be congruent with the buildings already here while adhering to the requirements of Title 24. There are energy-saving measures (insulation, lighting, heating and air-conditioning) in Annex I that are not visible to the eye. When completed, it will blend into its surroundings. If your visitors think it is contemporary to the other structures, it will be a success.

Changes have occurred behind the scenes in other buildings and residences, too. More insulation has been added. A sophisticated energy management system controls the heating and air-conditioning in your buildings. It prevents us from turning on the heat on a warm day or cooling on a cold one. You may think we invade your room to install new air filters very often. We do. It saves more energy. We must make it light enough for you to navigate when you’re out on the grounds at night. Metal halide and low-pressure sodium lighting allow us to squeeze that last watt of electricity.

Want to join the push for conservations of resources? You may not be able to do as much as when you were living in your own home, but there are still actions you can take that make a difference:

- Turn off the lights when you leave a room;
- don’t let the water run when you brush your teeth or shave;
- use energy-efficient compact fluorescent light bulbs. They last up to ten times longer than an incandescent bulb and use 66% less energy. Look on the package for the lumens (measure of light output) equivalent to the incandescent bulbs you’re using. Since they operate at less than 100 degrees Fahrenheit, you may find them more comfortable in close quarters.

We’re striving to make life as safe and convenient for you as we can. You can enjoy the beautiful grounds and historic buildings, while benefiting from recent technical advances. Who says you can’t eat your cake and have it, too?

As I Saw It ... 2006 Wheelchair Regatta A supreme nautical adventure

By Lou Zauner



The Pacific Inter-Club Yacht Association (PICYA) celebrated the 10th Anniversary as host of the Annual Wheelchair Regatta on Saturday, September 30, with nearly 300 guests from veterans homes throughout the Bay Area. Over 120 Members of our Home were escorted by 4 busses, 2 vans and a truck to the Encinal Yacht Club in Alameda. Nearly 40 boats were waiting to deliver another outstanding water-tour of the Alameda and San Francisco Bays to the enthusiastic “sailors” that were being attended by more than 50 volunteers.

Our bus was chartered from California Wines and chauffeured by elegantly-dressed Victor Martinez, who efficiently boarded his 51 passengers to depart promptly at 8 a.m. from the Main Bus Stop. A smooth and scenic drive brought us to the vehicle-loading area of the Yacht Club at 10 a.m. Before entering through the gate of the Yacht Club, a group of volunteers “tagged” each of the guests with name-identification, and once inside, each of us was presented with a “welcome” pamphlet and introduction to the P.I.C.Y.A., its greetings and listing of committee members and volunteers. Also, a gift of a green “yachting” cap and blue boating “ditty-bag” with boating key-chain and information was given to each veteran.

Promptly at 10:30 a.m. the loading of boats began, and the waiting line of those ready to go on board was separated into groups of approximately eight passengers for each of the waiting vessels. The numerous volunteers were exceptionally attentive to each of us to see that we were safely boarding

Continued on page 4



above: My “ship-mates” - Carolyn Waller, Marjorie Fletcher, Leo Ned, Emily Willett.

right: Richard Bartle gets help up the gangway to board his boat.





Visitors from Veterans Home, Palo Alto
back row: Beth Lawlor, Nathan Jackson
front row: Cody Lawlor, Joe Isamal

Regatta continued from page 3

each boat; and particular care and concern was given to the wheelchair patients: strong volunteers from the Yacht Club, the Coast Guard and the Fire Fighters courteously and carefully managed the transport of wheelchair and occupant from dock to boat. By 11 a.m. The privately-owned boats were loaded and launched for the bonanza cruise of the magnificent sights to follow



*above: Capt. Bob Graham,
Navigator Dick Kern*

*below: Faye Graham, Erich
Schoenwisner*



The boat I was assigned with eight other passengers was the “Foot-loose,” a 38-foot Sportsfisher owned by Captain Bob Graham and his charming wife and our tour-guide, Faye Graham. Dick Kern was our navigator, and all—Captain and Crew are members of the Coast Guard Auxiliary. From the Oakland Estuary to the Oakland Bay we viewed the gigantic cranes that had been brought from China to load and unload the cargo containers of ships at the Port of Oakland.

Faye Graham explained how the cargo ships carrying the cranes had to wait outside both the Golden Gate and Oakland Bay bridges for hours until the tides receded to allow the tall cranes under the bridges.

Passing Jack London Square in Oakland, then Yerba Buena Island and the Coast Guard Station, SBC Baseball Park and “Covey Cove” in San Francisco, we were introduced to spectacular views of the Oakland Bay Bridge, the Ferry Building, the San Francisco Skyline, Pier 39 and its “lounging-seal” population,

Continued on page 5



Yerba Buena



SBC Ball Park

Regatta continued from page 4

Coit Tower and more skyline, then the Golden Gate Bridge and past Alcatraz and Treasure Island under the Oakland Bay Bridge to return back to the Oakland Estuary and docking port. All during the trip our gracious Hostess, Faye Graham, kept us informed of where we were and important highlights of our views. Also she explained the important functions and work of the Coast Guard Auxiliary: its aid in inspecting cargo vessels, sea-rescue and adding to the security of our Country.

At 12:30 p.m. We arrived for our bountiful buffet lunch of grilled hamburgers and all the trimmings, potato salad, bottled beverages, and more. During the next few hours of dining and waiting for return-home transportation, John Zalabak and his “band” of four volunteer members entertained the crowd with ever-popular nostalgic music.

Upon boarding our return-home bus at 2:30 p.m. we were given bags of homemade cookies to enjoy en-route while reflecting on the grand morning and afternoon we had experienced. After watching the enormous traffic jam from El Cerrito to the Bay Bridge in the opposite lanes from the bus window, I had a luxurious snooze until arrival at Home at precisely 4 p.m.

The Annual Wheelchair Regatta is sponsored by the Pacific Inter Club Yacht Association for “honored guest veterans and retirees.” The P.I.C.Y.A. consists of numerous yacht clubs encompassing some one-hundred yacht club members. The multitude of volunteers included yacht club members, United States Coast Guard and Members of the International Association of Fire Fighters Local 55. To all of you and Margo J. Brown, Chairman of the Wheelchair Regatta Committee and Charles W. Wetteroth, Commodore of the Encinal Yacht Club, our sincerest appreciation and thanks for another successful, generous and incomparable water excursion.

Next year, Home Members, watch for the annual Wheelchair Regatta announcements—and DON'T MISS THE BOAT!



*John Zalabak's
all volunteer
band provided
entertainment
during the picnic.*

October 13, 2006



By Lou Zauner; photos by Glen Nock, Neil Remnant,
Chris Williams, Lou Zauner

A “Small Town Parade” couldn’t have generated more enthusiasm and colorful participants than the Sunday, October 1st event that stepped-off from the Veterans Home at 12 noon and wound its way along Washington Street through Yountville to Yountville Park.

Marching bands, high-spirited horses with flamboyant riders, “dressed-up” vintage cars, colorful dancers, decorated trucks loaded with costumed passengers throwing candy to the onlookers, and dignitaries riding in elegant convertibles waving to the crowd. The parade of over 35 entries had it all!

This year’s parade theme was, “This is Yountville,” and **Best Portrayal of the Theme** was won by the Native Daughters of the Golden West. The **Best Marching Band** was won by Vintage High School Marching Band; the **Most Spirited** (entry), Yountville Elementary School; **Best Equestrian**, Carlos Renteria; **Best Vehicle**, Lake Country Shrine Club.

The “Festival” was held at Yountville Park, and started at 11 a.m. continuous to 5 p.m. This family-oriented gala had something for everyone. Food and beverage booths were sponsored by Friends of Our Community United in Service (F.O.C.U.S), Kiwanis,

Continued on page 7



Best Portrayal of the Theme was won by Native Sons and Daughters of the Golden West.



Best Marching Band was won by Vintage High School Marching Band

COVER PHOTO

Marcella McCormack, Administrator, visits with AMVETS members before the beginning of the 29th Annual Parade and Festival. Left to right - John Kinney, Del Kinney, Marcella McCormack, Ethel Stanley, Rita Umphries, Dick Hum. Photo was taken by Neil Remnant.

Yountville Days continued from page 6

Native Sons & Daughters of the Golden West, Paws for Healing, and many other local not-for-profit organizations. The booths that provided food and drink served up hamburgers, hot dogs, enchiladas, soft drinks, beer and wine. Brian Cline and his modern rock band provided the musical entertainment.

It was another successful and fun-filled Yountville Days to ring in the 30th Annual next year.



Most Spirited (entry) was won by Yountville Elementary School



Best Vehicle was won by Lake Country Shrine Club



Best Equestrian was won by Carlos Renteria



Paws for Healing



Georgia and Larry Patterson made a very elegant entry.



below: There's our Brandy with Gerda & Jim Shupe, part of the Paws for Healing entry.



The Hills Angels Veterans Home Wheelchair Drill Team



Fancy Shawl dancer and Jingle Dress dancer compete before the judges



After Danca Xtlalli, the Aztec dancers, finished their ceremonial dances, they invited everyone to join them for a Friendship Dance.



13th Annual Pow-Wow "Honoring Native American Elders"

Photos by Nancy Bueno, Glen Nock

September 30th and October 1st hundreds of visitors and Home Members witnessed the 13th Annual Suscol Intertribal Council Pow-Wow. Also known as Big Times, pow-wow is a traditional Native American gathering to honor, dance, socialize and eat. (Love the fry bread!) As Charlie Toledo, Director of Suscol Intertribal Council says "It's a time to celebrate life" ... and that celebration includes everyone – native or non-native.

And celebration it was! There was Native American flute music provided by Lynn Peck, drum contests, dance contests, raffle prizes, vendors of Native American crafts and food that included the popular "Indian Taco" – a combination of ground meat, lettuce and tomato, shredded cheese and sour cream, all served on Indian Fry Bread.

Suscol Intertribal Council is located in the Napa Valley which is believed to be one of the oldest inhabited areas in North America. Because of historical relocations of the native people and the devastation of exposure to diseases, there is no longer a land-based tribe in the Napa Valley. The Suscol Council's vision is the revitalization of traditional Native American Community in the Napa Valley by educating our own Native American People; providing cultural out-reach programs to the Napa Valley; and protecting indigenous burial sites and other sacred sites.

Continued on page 9



Pow-Wow continued from page 8

Suscol Council in Pope Valley, an offshoot of Napa Valley, has purchased 20 acres of traditional Onasatis, or Wappo land for intertribal use and to develop a cultural site for Native American People. Donations and the proceeds of the raffle are directed to support this endeavor.

Traditional California Dancers: Dave Smith Pomo Dancers, Point Arena

Azteca Dancers: Danca Xtlalli

Northern Drum: "Young Eagle Bear"/Fresno

Southern Drum: "Rockin Horse"

Miss Suscol Intertribal: Angelica Dubray-Knight/ Pomo/ Blackfoot

Head Man: Gilbert Blacksmith/ Northern Fancy Dancer

Head Woman: Anne Jackson-Lopez /Pomo/Cupeno/Luisieno

Head Teens: Jenette & Nathon Norwest/ Klamath Falls

Head Boy: Bear Carr /Blackfoot Pigeon

Head Girl: Raedawn Wahl/Klamath Falls

MC: Joe Smith/ Lakota/ Assistant: George Snyder/ Choctaw

Arena Director: Dennis Carr/Blackfeet Pigeon



Anelica Dubray-Knight, accompanied by Charlie Toledo and Raedawn Wahl, present gifts to honor the Elders.



Southern Drum: "Rockin Horse"



Northern Drum: "Young Eagle Bear"





A Day at the Zoo

by Nancy Bueno

On Friday, September 29, twelve lucky Home Members took a trip to the San Francisco Zoo. Yes, it was cold and overcast but that didn't dampen anyone's enthusiasm for viewing the animals. Equipped with a map and snug in my blanket I "scooted" off to see the exhibits.



Our first stop - the African Savannah.

The San Francisco Zoo began at the present site in 1922 with the city's Park Commission purchase of 30 acres. The Zoo was established in 1929 and built during the 30's and 40's as part of a depression-era WPA project. At that time the exhibits were innovative and provided the animals more habitat than other zoos in the country. Amazingly, many of those exhibits still remain.

The Zoo now covers 125 acres, however only 75 are currently developed. Some new exhibits were built in the 1980's but 1994 was when the next major exhibits were constructed. Those changes moved endangered cats and big cats from cramped cages to the 20,000-square-foot natural habitat that we see today. The public has backed the Zoo and new renovations are becoming a common occurrence. As you tour the Zoo you see exhibit areas under renovation.



The African Savannah from the inside.

Just two years ago the new African Savanna exhibit opened. There African wildlife roam together in a 3-acre habitat and features a walk that takes you to the center of the Savanna where you are safely surrounded by the wildlife. It is an impressive exhibit and I look forward to seeing what plans they have for future exhibits.



More photos on page 12

🐾 Paws with Brandy 🐾

Nosin' Around

Do you find it hard to keep up with all the activities going on, dearies? I try to keep my nose to the ground, shoulder to the wheel and eye on the prize (that gets very uncomfortable), but I still miss things. Or make it by the skin of my teeth. (Anybody have any idea what that means?) Don't you hate to learn about something good when it's too late to attend? 'Fraid I'm going to have to do that to you, but I promise to be better.

A terrific organization called *Bread and Roses* sponsors a concert in the Hospital Recreation Area once each quarter. There was one that featured a wonderful couple, the *Jazz Duo*. Wesla Greenfield and Mike Greensill go together like ... well, name your cliché. Her voice is marvelous, and Mike is great, either accompanying her or on his own. Mike and I discovered a mutual interest: teddy bears. He collects and dresses 'em up, and I ... well, don't tell him what I do with stuffed toys. They promise to come back soon. When they do, I want more encores. Wesla sang "Over the Rainbow" in her own special way.

Did you get to see any of the Yountville Days parade? I didn't because I was in it! All the therapy dogs who visit us walked in the parade, but I had two chauffeurs -- Mike and Gerda Shupe. That turned out to be a mixed blessing: my feet didn't get tired, but the other dogs got petted by spectators, and I didn't. Had fun when we got to the park, though.

The Senior Games are already underway, and the Veteran's home is well represented. We've already had the golf tournament, and horseshoes and table tennis are Saturday. The pool tournament will be on Sunday with several sports (is Scrabble a sport?) following on Monday and Tuesday. They're all here at the home, so let's get out and support our favorites. Of course, being your representative, I can't do that. I have to be impartial which is OK, because I like everybody. Except gophers. 🐾

Four Short Walks a Day Ease Blood Pressure

From HealthCentral.com

Taking four short walks a day to lower your blood pressure may be more effective than one long walk, a new study finds.

Reporting in the September issue of the *Journal of Hypertension*, Indiana University researchers compared the effects of four 10-minute walks to one 40-minute walk in reducing blood pressure in 20 people with prehypertension.



The Jazz Duo. Wesla Greenfield and Mike Greensill. They let me audition after their performance. I did well but they suggested I try Country instead of Jazz.



HEALTHCENTRAL

Veterans Home Cookbook

The *Veterans Home Relay for Life Team* is in the initial planning stage to develop a "Veterans Home Cookbook." We are asking employees and members to provide us with their favorite recipes which will be sent to a cookbook publisher. Once published, the *Relay for Life Team* will be selling the cookbooks at various events and at *Relay for Life* to raise money for the American Cancer Society. All monies raised from the cookbook sales will be credited to our Relay team.

For those of you without Outlook access, keep a lookout for recipe forms that will be coming to your work area. Please send all recipes to Cathy Sapata, Cookbook Coordinator, in Occupational Therapy by November 30th. We are looking forward to including your favorite recipes! Submit as many as you wish but please remember that we may not be able to include them all.

Thanks for your support, Cathy Vincent, Team Captain; Cathy Sapata, Cookbook Coordinator

We have a Winner!



Thanks to those staff and members who participated in the Poker Walk. The winner, Mia in Transcription Service, goes home \$110 richer!

The proceeds for the Veterans Home Relay for Life Team (American Cancer Society) were \$110 from the Poker Walk and an additional \$195 from cookies sales and donations. Thanks to Cathy McLeod for providing us with those great pink ribbon cookies.

Thanks again for your support, Cathy Vincent, Team Captain



This playful African lion couple occupy part of the 20,000-foot big cat exhibit.

below: A 15-year-old female Sumatran tiger named Padang who responded each time I told her she was beautiful



right: Finally, a respite from the cold! Two Home Members watch a Caiman in the South American Tropical Forest Building. A caiman is a relatively small type of crocodile that is about 6-foot long.



Well, this polar bear seemed to enjoy the weather! Fortified with several cups of hot tea and pasta for lunch, I made it to all of the exhibits! ... and enjoyed

every moment of it. I look forward to future trips to the Zoo to view the progress.

"There is no finish line until there is a cure."

RECIPE SUBMISSION FORM

(ONE RECIPE PER PAGE)

For Committee use

Recipe # _____

RECIPE CATEGORIES

- ☐ Appetizers, Beverages,
& Dips
☐ Soups & Salads

- ☐ Breads & Rolls
☐ Vegetables & Side Dishes
☐ Main Dishes & Meats

- ☐ Desserts
☐ Cookies & Candy
☐ Miscellaneous

RECIPE TITLE

SUBMITTED BY

(PRINT EXACTLY AS YOU WANT IT TO APPEAR IN THE BOOK)

INGREDIENTS

List of abbreviations: C. = cup; tsp. = teaspoon; T. = tablespoon; lb. = pound; oz. = ounces; pkg. = package; pt. = pint; qt. = quart

DIRECTIONS

(PLEASE BE VERY CLEAR AND THOROUGH IN YOUR INSTRUCTIONS)

**Copy this page, fill it out with your favorite recipe, and send it to
Cathy Sapata in Occupational Therapy no later than November 30.
Be sure to order a copy of the Veterans Home Cookbook!**

The Nose Knows Where the Ginkgo Grows

By Hank Miller

When I worked at the State Capitol, we had the same problem. La fragrance de poo. Every year in the fall, the Ginkgo trees in Capitol Park would cast their ripened, rotted-smelling fruit to the ground below. My job as a Groundskeeper was to keep the sidewalk clean and protect the unsuspecting public from slipping on the golden brown fruits dotting the sidewalk. Safety first. This could mean raking, sweeping, or hosing off the sidewalk two to three times a day. A gust of wind or an autumn shower could quickly undo my best efforts, but I kept after it until the branches were bare. Here at the Veterans Home the problem is the same; ripe, foul smelling fruit, dropping on the sidewalk at Section H.

When the Ginkgo fruit drops to the sidewalk below, traveling that sidewalk is more difficult than navigating an enemy mine field. Hundreds of round spheres like tiny mines wait patiently to explode under foot. Stepping on the fruit is only a small part of the problem. You could slip and fall, but that's only half the worry. The real problem with the fruit is the foul brown odor. It lingers like a Frisco fog. The nose picks up the stench long before the eye can see its cause. Unknowingly stepping on one of these little fruits is a social embarrassment like stepping on gum in front of a supermarket, or forgetting to button your fly. The flesh around the nut of the Ginkgo fruit will cling to your shoe, and the smell will hang with you the rest of your day. If you work outside, or happen to take your shoes off before going inside, no worry. Going inside, however, is a different story. Just ask the staff trekking to the Recreation Center from Administration.

Why do gardeners plant Ginkgo trees so close to where we live? It's because of their beauty. The Ginkgo is such a beautiful tree that landscapers and gardeners want to plant it where others can enjoy them. The trees are graced until fall with a rich

green fan shaped leaf, resembling the tiny leaf of the Maidenhair Fern, from which the Ginkgo gets its common name, Maidenhair Tree. In China, where the tree originally had its roots, the leaf is known as pa kuo, which means ducks foot. In the fall, as the air begins to cool, the leaves of the Ginkgo turn a bright, brilliant yellow. After this spectacular display, the leaves drop quickly to reveal an upright angular branching structure and a brown-gray deeply fissured trunk on a golden carpet of leaves. By the time the leaves are gone only a handful of fruit remains attached, and the naked form of the Ginkgo's angular branching provides a unique silhouette against the winter sky. With all this beauty it's easy to understand why the trees are planted where they can be enjoyed. But over a sidewalk?

Continued on page 15



Ginkgo continued from page 14

Ginkgo trees are either male or female. The male Ginkgo produces pendulous yellow catkins full of golden pollen. No mess there. The female tree produces a rather inconspicuous green catkin with tiny, barely visible, acorn-like structures attached to short stems. These tiny structures grow into the odious fruit with the bad character. So why not just plant the male tree?

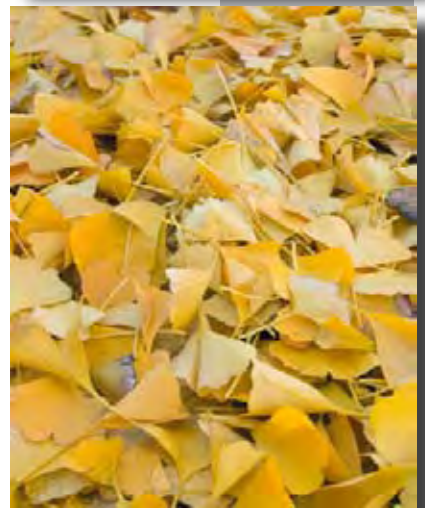
In the olden days, (when the tree in front of Section H planted) it was difficult for the groundskeeper to know if the young sapling he was planting was a male or female. (You can't just look under the leaves!) By the time the tree matured and its flowers revealed its sex, it was too big to dig it up. Now we ask the question "Is it too big to cut down?" As fall approaches, the controversy begins. Should we cut it down or leave it? But who will give the order to have such a beautiful specimen cut down? So it lives to see another year.

But Ginkgo trees are not all bad. In spite of their messy fruit they are reputed to have medicinal value. The leaves of the Ginkgo contain a substance that increases the flow of blood to the brain, possibly improving the memory. But they don't help if you forget to take them. The nuts inside the rank smelling fruit of the Ginkgo also have medicinal value. They are thought to increase a man's libido.

When I worked in Capitol Park, the nuts were so highly prized by the local Chinese women one would think they were picking up gold coins. The ladies would arrive at first light and gleefully gather the slimy fruit until every seed was picked up from the grounds. The scene resembled an adult Easter egg hunt. There was bumping, and growling, and an occasional Chinese explicative. When the ladies left, the grounds and sidewalk under the tree were clean. Unfortunately, we don't have those same ladies to help us keep our sidewalk in order.

That means that the thankless task of keeping the foul smelling Ginkgo fruit off the sidewalk will fall again on the shoulders of our groundskeepers, Mike Callahan, and Paul Beitzel. Mike and Paul begin their blitz of the area in October as the early fruit begins to fall. They will continue until the wind and rain knock the last fruit from the tree sometime in December.

That's when you can again stroll carelessly along the sidewalk deep in friendly conversation. Until then, watch out and follow your nose, because the nose knows where the Ginkgo grows.



Volunteer collects Used Mobility Devices for Third World Countries

Yvonne Baginski told us that 20% of the people in Afghanistan are amputees from land mine injuries and they are in dire need of mobility devices and more. Yvonne is collecting walkers, wheelchairs, crutches, canes, wheelchair parts, commodes and electric wheelchairs for Hope Ministry, and organization that sends these items to Third World Countries. If you have any of these items to donate, please call Yvonne at 707-226-7127.



Good Readin'

PARASKEVIDEKATRIAPHOBIA

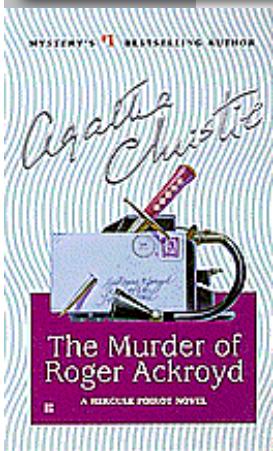
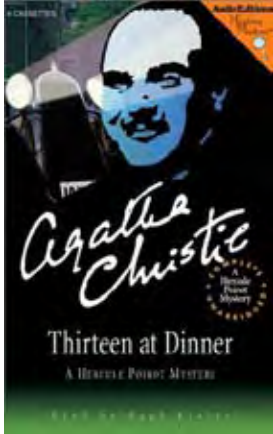
If you suffer from this terrible condition, you must have had this *Grapevine* delivered -- you probably didn't leave your room today. Even those who aren't actually afraid of Friday the 13th admit they'd rather not start an important project on that day. Most cities have no 13th streets; buildings, no 13th floors; and passenger planes, no 13th row. Most of us heard in our childhood that it's unlucky and didn't think to ask why. Good thing. Nobody seems to know.

Theories abound. In goddess cultures, thirteen, the number of lunar months, was considered significant. When patriarchal religions arose, the feminine principle was repudiated. Maybe that's it. Friday is named for the Norse goddess Freya, and the Vikings suffered when they forgot to invite Loki, the god of mischief, to a banquet. When he arrived, the thirteenth guest, all hell broke loose. Hindus believed that it is always unlucky for 13 people to gather in one place. So we come to the most common explanation: Judas was the thirteenth apostle to arrive at The Last Supper.

Thirteen at dinner continues to be avoided. A London company supplies a fourteenth guest to the host or hostess who has inadvertently invited thirteen. Lord Edgeware neglected to employ them and was later found stabbed to death in Agatha Christie's *Thirteen at Dinner*. Hercule Poirot (Dame Agatha's favorite creation, by the way) arrives to tackle what The New York Times called "a most ingenious puzzle and a still more ingenious solution."

Why do no authors write puzzling mysteries these days? Is it that they would be compared with Christie and found wanting? She remains the mistress of the unexpected. I issue you a challenge. On the shelf of Lincoln Library is her *The Murder of Roger Ackroyd*. I defy you to tell me, before the next-to-last page, who the murderer is.

Are you aware of a new convenience, the ability to download complete novels online? One of the first, from "Project Gutenberg," is a novel, *Friday, the Thirteenth* by Thomas W. Lawson. It is not a good novel -- being available on your computer does nothing to improve it.



NAPA VALLEY MUSEUM

Sat, Oct 14 2 to 4 pm **Fish Tales: *A History of Fishing in the Napa River*** with Shari Gardner Shari Gardner is a local biologist, Napa River Watershed Historical Ecology Project Coordinator and member of Friends of the Napa River. Shari will discuss the history of fishing on the Napa River, including her research and an investigation she's conducted of the landscape at the time of European contact, circa 1820. Free with admission. Call 707.944.0500 for reservations

Thu, Oct 19 12 to 1 pm **Brown Bag: *History of Book Illustration*** with NVM Chief Curator Nan Curtis Modern book illustration originated in the 15th century and has followed closely the development of printing processes. Join Chief Curator, Nan Curtis, for a mid-day discussion, using examples from the current exhibition, of the various techniques used throughout history to illustrate text. Please bring your lunch. Free with admission. Call 707.944.0500 for reservations

Sat, Oct 21 2 to 4 pm **Fly Tying and Casting Demonstration and Workshop** Fly fisherman have for thousands of years been wrapping hooks with wool, fur, feathers and thread to imitate a fish's natural diet and fool the fish into taking the hook. Fly tying is easy to learn and fascinating to watch. Come visit with our panel of fly tyers and fly casters to learn about this age-old art and to try your hand at a few ties. Free with admission. Call 707.944.0500 for reservations

Sat, Oct 28 11 am to 4 pm **Hands-on Arts and Crafts Workshop: *Day of the Dead Traditions*** with Local Recycle Artist Constance Shipman. *Dia de los Muertos* (Day of the Dead) is a Mexican tradition that combines Aztec and Roman Catholic practices and beliefs. Observed November 1 and 2, it is a celebration of life and death, when the spirits of recently deceased return to earth for a family fiesta. Drop in and take home a special creation that represents Day of the Dead traditions and history. Free with admission. Call 707.944.0500 for reservations

Art Exhibit Review

by James Musson, Home Member, Napa Valley Museum Volunteer

Since September 2, 2006, we have had the opportunity to view *The Art of Angling* at the Napa Valley Museum. But have you taken advantage of this opportunity? Don't fret because you have until November 5th before the exhibit closes.

The Art of Angling depicts the history of fishing in art from the time of the Renaissance to present day. A total of 64 works are on display; all are on paper and are from the *Gary Widman Collection*. Widman's collection is exclusively images of fish and fishing. Widman started this "fishy" collection in 1922. Because he focused on a

Continued on page 18





White Cane Safety Day, 2005

A Proclamation by the President of the United States of America

Americans who are blind or visually impaired are valuable and contributing members of our society, and many use a white cane to help them succeed at school, home, or work. White canes give these individuals greater mobility and enable them to participate in more aspects of community life. On White Cane Safety Day, we celebrate the progress that has been made for those who are blind or visually impaired, and we reaffirm our commitment to ensuring that these citizens can live and work with greater freedom and independence.

One of our Nation's defining values is compassion, and we must make certain that all our citizens are able to harness their talents, engage in productive work, and participate fully in society. My Administration is working to fulfill this goal for individuals with disabilities through the New Freedom Initiative. This comprehensive program helps increase the development and use of assistive and universally designed technologies, expand educational and employment opportunities, and improve access into daily community life. By working to reduce barriers and change old ways of thinking, we can help ensure that our Nation's opportunities are more accessible to all.

The Congress, by joint resolution (Public Law 88-628) approved on October 6, 1964, as amended, has designated October 15 of each year as "White Cane Safety Day."

Now, therefore, I, George W. Bush, President of the United States of America, do hereby proclaim October 15, 2005, as White Cane Safety Day. I call upon public officials, business leaders, educators, librarians, and all the people of the United States to observe this day with appropriate ceremonies, activities, and programs.

In witness whereof, I have hereunto set my hand this fourteenth day of October, in the year of our Lord two thousand five, and of the Independence of the United States of America the two hundred and thirtieth. — GEORGE W. BUSH

Art review continued from page 17

single theme, there is an international variety of artists and techniques, though lithographs and etchings – including some hand painted etchings – are most abundant.

It was not easy to name my favorite four (is it ever?) Due to the variety of techniques and depictions here, they are in no particular order: *Nene* a 2002 color woodblock by Daniel Kelly – American, Contemporary, *Hauling the Net* a 1943 lithograph by Robert Von Neumann – German, American (1888-1976), *Leaping Carp in Waterfall* a sumi ink painting by Settosai Tokei – Japanese 19th Century, *Le Couché du Soleil (The Sunset)* an 1891 color lithograph by Henri Riviere – French (1864-1951)

Just a reminder – Home Members are eligible for free lifetime memberships in the Napa Valley Museum. Apply at the Allied Council Office. Till you do, your blue card will admit you into the exhibit free of charge. *Exhibit hours:* Wed – Mon, 10 am to 5 pm – Closed Tue. And Staff, remember the Museum is free to everyone every Mon.

LINCOLN *Theater*

Saturday,
October 14
8:00 PM

Miriam Larici & Hugo Patyn's Tango and Fire – Historias de Amor

Music, dance and theatrical expressions of the Tango make Tango and Fire a spellbinding performance. Featuring Broadway stars Miriam Larici, Hugo Patyn and Lisandro Adrover, this production, where exquisite dancers and brilliant musicians become one, has welcomed world-wide audiences to a magically created world of passion, intrigue and seduction.

Sunday,
October 22
3:00 PM

California Theatre Center Presents: Emperor's New Clothes

Enjoy this delightful Hans Christian Andersen fairy tale about a great Emperor who is so vain that two fake weavers convince him they can create cloth so fine that the foolish cannot see it. The whole empire is taken in, until the charade is revealed when a small child observes the obvious - the Emperor has no clothes - he's in his underwear!!

Saturday,
October 28
8:00 PM

Yaelisa & Caminos Flamenco Known as one of the most gifted Flamenco artists of her generation, Yaelisa & the exquisite passion of her Flamenco performances have captured the attention of critics around the world. The Los Angeles Times has called her a "luminary" among flamenco dancers for her extraordinary rhythmic ability, which radiates nothing less than pure emotion infused with sensuality.



Napa Valley Symphony

Welcome to a Napa Valley Tradition...

Saturday October 21,
2006 8:00 PM

Wine Counry Pops: Wynonna The Napa Valley Symphony is proud to present Wynonna! You won't want to miss this legendary performer in the second concert of the 2006-2007 Napa Valley Pops!



25 Years! Congratulations!

The Employee Recognition Reception for employees who have served 25+ years of State Service will be held on Wednesday, October 18 in Grant Hall. It will begin at 1:00 pm. Everyone is welcome! Cake and punch will be served.

Are you puzzled by your *cell phone*?

Want to learn more? Then sign up in the Activity Office or call 944-4900 or 944-4931.



Residential Care Special Events

Sign ups at Activities Office open 2 ½ weeks before event.

October

Date	Time	Event	Site	Bus	Signup
14 Sat	9:00 am	Senior Games Horseshoes	MPG		
	9:30 am	Fairfield Mall Shopping		MBS	Yes
	1:00 pm	Senior Games Table Tennis	GH		
15 Sun	7:30 am	Napa Senior Brunch		MBS	Yes
	7:30 am	Senior Games Pool		MDR	Yes
16 Mon	9:00 am	Senior Games Scrabble	GH		
	1:00 pm	Senior Games Cribbage	GH		
17 Tue	9:00 am	Bothe Park/Bale Mill		MBS	Yes
	9:00 am	Senior Games Adapted Bowling	VHL		
	1:00 pm	Senior Games Bowling	VHL		
19 Thu	9:00 am	Senior Games Adapted Bocce	Yountville Park		
	11:30 am	Senior Games Bridge		MBS	Yes
	5:30 pm	Senior Games Bocce	Yountville Park		
20 Fri	5:30 pm	Senior Games Bocce	Yountville Park		
22 Sun	4:30 pm	Senior Games Award Banquet		MBS	Yes
25 Wed	12:30 pm	Le Melange Academy		MDR	Yes
27 Fri	4:30 pm	Petaluma Elks Dinner		MBS	Yes
29 Sat	11:00 am	Silverado Dancers	HRA		
31 Tue	1:30 pm	Halloween Party	HRA		

Sign up early! Activities can fill quickly.

All activities are subject to change due to bus and driver availability, please check with the Activities Office for the status of a trip.

Key – 1C/1D: Hospital 1C/1D patio; **Bor:** Borman Field; **Chp:** Chapel; **GH:** Grant Hall; **GR:** Games Room; **HL:** Hospital Lobby; **HRA:** Hospital Recreation Area; **LL:** Lee Lounge; **LT:** Lincoln Theater; **MBS:** Main Bus Stop; **MDR:** Main Dining Room; **MPG:** Main Picnic Grounds; **SF:** San Francisco; **TAV:** Tavern; **VHC:** Veterans Home Cemetery; **VGC:** Vintners Golf Course; **VHL:** Veterans Home Lanes; **XII:** Annex II; **Ynt:** Yountville; **YVP:** Yountville Veterans Park.

"Massage the Brain"

Massage the Brain will be at the Lawrence Hall of Science in Berkeley east of the U.C. Berkeley Main Campus. If you are interested in attending "Massage the Brain" you must provide your own transportation. Reservations and tickets are arranged through the Activities Office. You can request the following dates: Tuesday, October 17; Wednesday, October 18; Saturday, October 21 or Sunday, October 22.

"The Journey of the Spirit"

Tickets will be issued on Tuesday, October 17th for two performances at the Lincoln Theater featuring Evelyn Glennie, Percussionist, with the Napa Valley Symphony in "The Journey of the Spirit"

Performance Dates –

Sunday, November 5th at 3:00 pm

Tuesday, November 7th at 8:00 pm

Main Dining Room

October 15 thru 21, 2006

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Assorted Juices Hot and Cold Cereals Sausage Gravy w/Biscuit	Assorted Juices Hot and Cold Cereals Fried Eggs Corned Beef Hash Toast	Assorted Juices Hot and Cold Cereals Omelets Salsa Breakfast Potatoes Bacon English Muffin	Assorted Juices Hot and Cold Cereals Creamed Chipped Beef w/Biscuit	Assorted Juices Hot and Cold Cereals Cinnamon French Toast w/Syrup Sausage Links Milk/Coffee/Tea	Assorted Juices Hot and Cold Cereals Fried Eggs Bacon Hash Browns English Muffins Milk/Coffee/Tea	Assorted Juices Hot and Cold Cereals **New Item** Belgian Waffles w/ Syrup Sausage Milk/Coffee/Tea
L U N C H	**New Item** Tri Tip Green Bean Medley Garlic Mashed Potatoes Roll Lemon Layer Cake	Chicken Parmesan Buttered Noodles Italian Mixed Vegetables Bread Ice Cream	Beef & Provolone Sandwich on Hoagie Roll Cucumber and Onion Salad Tropical Fruit Mix	**New Item** Pork Carnita w/Pica De Gallo Tortilla Spanish Rice Tomato Salsa Refried Bean Mediterranean Vegetables Flan	**New Item** Pot Roast w/ Gravy O'Brien Potatoes Peas w/Pimiento Bread Peanut Butter Cookie	**New Item** Red Snapper Seasoned Broccoli Succotash Bread Ice Cream	**New Item** Curry Tai Pork Seasoned Snow Peas And Carrots Steamed Rice Snow Peas with Julienne Carrots Rolls Cherry Cobbler
S U P P E R	**New Item** Winter Squash Soup Surimi Salad w/lettuce & Tomato Croissant Strawberry Gelatin Parfait	**New Item** Monaco Marinated Salad Hot Dog With or without Chili Grated Cheese Chopper Onions w/all the fixings	Shrimp Scampi Mixed Vegetables Seamed Rice Lemon Meringue Pie	Sweet Sour Chicken Oriental Rice Vegetable Blend Mandarin Stir Fry Blushing Asian Pear	**New Item** Hearty Vegetable Soup Grilled Ham & Cheese on Sour Dough French Bread Peach Halves	BBQ Beef Ribs Seasoned Butternut Squash Winter Mix Vegetables Bread Apple Crisp	**New Item** Linguini and Clam Sauce Green Beans Almondine Focaccia Bread Grapes

Breakfast: 6:30-8:00

Continental Breakfast: 8:00-9:00

Lunch: 11:00-1:00

Supper: 4:00-6:00

Approved By: Pat Schultz, RD #622918

*Menu will be adjusted for therapeutic and mechanically altered diets.

Main Dining Room

October 22 thru 28, 2006

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Assorted Juices Hot and Cold Cereals Sausage Gravy W/Biscuit	Assorted Juices Hot and Cold Cereals Fried Eggs Corned Beef Hash English Muffin	Assorted Juices Hot and Cold Cereals Omelets Salsa Breakfast Potatoes Bacon Cinnamon Roll	Assorted Juices Hot and Cold Cereals Creamed Chipped Beef W/Biscuit	Assorted Juices Hot and Cold Cereals Cinnamon French Toast W/Syrup Sausage Links Milk/Coffee/Tea	Assorted Juices Hot and Cold Cereals Fried Eggs Bacon Hash Browns English Muffins Milk/Coffee/Tea	Assorted Juices Hot and Cold Cereals Scrambled Eggs With Potatoes Sausage Milk/Coffee/Tea
L U N C H	Pot Roast Seasoned Carrots Mashed Potatoes Bread Apple Pie	Spaghetti with Italian Meatballs Parmesan Cheese Seasoned California Mixed Vegetables French Bread Ice Cream	Breaded Chicken Fillet W/Country Gravy Seasoned Peas & Onions Red Roasted Potatoes Bread Pumpkin Mouse	Meatloaf w/Gravy w/Seasoned Italian Green Beans Baked Potato W/Sour Cream Bread Chilled Cherries	Tossed Salad Enchiladas Spanish Rice Seasoned Capri Style Vegetables Refried Beans Flan	Citrus Salmon w/ Tartar Sauce Seasoned Green Beans Scalloped Potatoes Bread Ice Cream Orange Cake	Corned Beef Seasoned Cabbage, Baby Carrots & Onions Boiled Potatoes Rye Bread Fresh Grapes
S U P P E R	Knickerbocker Bean Soup Marinated Beets Pastrami with Provolone On Marbled Rye Strawberry Peach Gelatin Cup	Coconut Tilapia W/Mango & Papaya Brown Rice Winter Mix Vegetables Seasoned Green Beans Bread Tropical Fruit	Spinach Salad Sausage w/grilled Onions & Peppers With/without Bun Pineapple	**New Item** Carrot Raisin Salad Beans with Turkey Franks Southern Corn Bread Chocolate Pudding	Split Pea Soup Escalloped Chicken & Noodles Seasoned Broccoli Bread Chilled Pears	Coleslaw Hamburger with or without Cheese all the Fixings Seasoned Corn Chilled Apricots	Oven Fried Chicken Mashed Potatoes Seasoned Peas Bread Banana Cake

Breakfast: 6:30-8:00 **Continental Breakfast: 8:00-9:00** **Lunch: 11:00-1:00** **Supper: 4:00-6:00** **Approved By: Pat Schultz, RD #622918**

MOVIE NIGHT IN GRANT HALL

Fri, Oct 13 – “The Sentinel”

A new (2005) suspense movie starring Michael Douglas, Kiefer Sutherland, Eva Longoria and Kim Basinger. Douglas plays a Secret Service Agent falsely accused of a plot to kill the president. A tense and well constructed thriller.

Wed, Oct 18 – “The Loved One”

A 1965 humorous, sometimes bizarre satire of Hollywood and the Southern California funeral business. It stars Robert Morse, Jonathan Winters, Rod Steiger, Dana Andrews, Milton Berle, John Gieldgud, Tab Hunter, Margaret Leighton, Roddy McDowell, Liberace and Robert Morley. The movie is based on the Evelyn Waugh novel of the same title. ★ ★ ★

Fri, Oct 20 – “The New World”

This new (2005) film stars Colin Farrell, Christopher Plummer, Christian Bale and introducing Q’orianka Kilcher. It is an adventure filled, romantic journey in the early days of the new America. It is the story of the relationship of British Captain John Smith and the Native American beauty Pocahontas. A well crafted, visually beautiful three star production. ★ ★ ★

Wed, Oct 25 – “Heaven Can Wait”

A 1978 romantic fantasy color film starring Warren Beatty, Julie Christie, Jack Warden, Dyan Cannon, Buck Henry and James Mason. Beatty plays a good-natured football player who is taken to heaven by mistake. He returns to earth in another man’s body and the story unfolds in a mostly light movie that includes the side issue of corporate greed. An above average entertaining movie with a very good cast.

Fri, Oct 27 – “United 93”

A new (2005) film depicts what may have (probably?) happened to hijacked flight 93 on September 11, 2001. Considered a historical re-enactment of events on the airplane before it crashed. The picture is well crafted and an above average film. If some of the passengers hadn’t overcome the hijackers, the plane may have been crashed into the White House or other major government property.

New Bus Service Effective Monday, October 16th

Every Monday evening there will be bus service from the Sections to the blue canopy entrance to the Hospital for residents to attend Monday Night at the Movies in the Hospital Recreation Area (HRA).

Movies begin at 6:00 pm and end around 8:00 pm.

If you have any questions, contact Karl Konzen at 944-4900



GRANT HALL
Theater doors
open at 5:15 pm
Wednesdays &
Fridays

Special selected
presentations at
5:30 pm

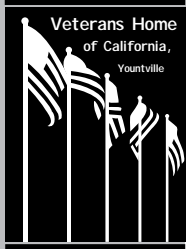
Feature Film
begins at 6:00 pm

The Digital
Theater is
sponsored by the
Veterans
Remembrance
Committee,
The MW&R Fund
and AMVETS

*Neil Remnant,
Movie
Coordinator*

Scheduled Films for October

October 16	“The Jolson Story”
October 23	“Mario Lanza”
October 30	“Words and Music”

The AMVETS Service Foundation logo is a circular emblem. It has a red outer ring with the words "AMERICAN VETERANS" in white. Inside the ring is a purple circle with a white silhouette of a soldier standing with a rifle. The word "AMVETS" is written in large, bold, yellow letters across the center of the purple circle. The entire emblem is surrounded by a wreath of yellow leaves.

The *Veterans Home Media Program* gratefully acknowledges the generosity of the *AMVETS Service Foundation* in supporting *KVET TV*, the *Grapevine*, and the *Veterans History Program*.

GRAPEVINE

Veterans Home of California
P.O. Box 1200
Yountville, CA 94599-1421

For
Information
about the
Veterans
Home
call: 1-800-
404-VETS